

Jessica Selby, AMFT



My name is Jessica Selby. I am a Registered Associate Marriage and Family Therapist that is a dedicated mental health professional committed to helping individuals and couples navigate their emotional landscapes through a collaborative and empathetic approach.

With a focus on fostering open communication, mutual respect, and understanding, I specialize in guiding clients through life's challenges, whether they are dealing with trauma, anxiety, relationship issues, or significant life transitions. Utilizing evidence-based practices and a compassionate demeanor, I aim to empower clients to achieve their personal and relational goals, ultimately fostering healthier, more fulfilling lives.

